

Tips From Former Smokers - Becky

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

[Becky] I'm Becky. I have a tip for you about how to quit smoking.

Actually, it was my mother's tip. She would say to herself, "I choose not to smoke today. If I want one tomorrow, I'll deal with that tomorrow." Eventually, she didn't want one at all.

That's what I did to quit smoking, too. But I waited until after I got COPD, a severe lung disease, to do it.

Since then, I've spent 47 days in the hospital. And I've had seven chest tubes, two surgeries, one collapsed lung, and now I'm chained to this oxygen tank for the rest of my life. However long that is.

My tip is: Quitting can be hard. But living with lung disease is harder.

[Announcer 2] Smoking is the leading cause of COPD. You can quit. For free help, call 1-800-QUIT-NOW.

A message from the Centers for Disease Control and Prevention.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.